

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

1. THE NEED TO BREAK THROUGH

Has this ever happened to you? You realize there is some part of your life, some aspect of your endeavors, that isn't working. You know this because you're not at peace with it. You believe something needs to change. You're conscious enough to realize *it* isn't going to change until *you* do. And you really *want* to change, but you either don't know where to begin, or you have made *some* changes but aren't yet getting the results ... the aliveness and abundance ... you want.

Unfortunately, many people experiencing this yearning for something more give up, resign themselves to lives of never-ending frustration or—worse—soul-depleting mediocrity. Why? Because they don't know how to harness *what is alive and well inside themselves*, how to use their innate resources in life-enhancing rather than counter-productive ways.

Undoubtedly, you've heard about the power of the human mind ... but do you know—exactly—how that power works? Do you know that your thoughts become the building blocks of your life? They do ... because our inner resources *are always at work*, creating the circumstances we live in every day. When we are unaware of this process—are mindless or haphazard as we go through our day—we so often “mis-create” the same challenging, annoying, defeating conditions again and again. We joke: “Different face, same disgrace.” But it isn't funny. We aren't laughing. We're tired of it.

To stop the cycle, we need to engage change. To break through to a new way of being, we need to spiral *into* control ... by reflecting on what is important to us, by releasing outdated thoughts, behaviors, beliefs and ideas, by reclaiming the inherent life-enhancing use of our innate resources, and by renewing our spirits, our outlook, our very ability to become. These 4 steps—reflect, release, reclaim, renew—are the secret to regaining balance and thriving in life and work.

Over the last 20 years, I discovered how practical these steps are. I used them in all kinds of life's situations—changing jobs, becoming married, adopting and raising children, releasing debt, owning two businesses and running them successfully, and healing physical challenges. This pattern is also amazingly versatile! It can be worked forwards, thus using it to create lives reflecting our highest, heart-felt aspirations. Interestingly, it can also be worked backwards, to help us undo those attitudes and circumstances that, after creating them, we stood back and said, “Why did I do that?”

To begin, I invite you to contemplate what changes you need to make in your life or business. You may ponder them in your quiet times. Perhaps you'll even write them down...as an inventory of sorts. As you make this list, I encourage you to stay objective. Your list may be lengthy. Good! The most successful people are always growing. You may not like having situations that need to be changed. That's not unusual either. Just don't berate yourself for wanting something more. No “why is this happening to me” or “only a [pick your negative descriptor] could have [your current circumstance]”, for being hard on yourself is just creating one more thing to add to the list!



The power of the human mind, when we use it intentionally, purposefully—at work and at home—breeds life-enhancing changes that last. Here, in the articles that follow, I'll show you exactly how to use what's alive and well within you to break through the mire, live your life on fire ... with vibrancy and joy!

You *can* change! I believe in *you*!

Peace, Love, Joy,

Diana

